

Turtle by Courbet

Are you in lock down mode?
Like a turtle Withdrawn when frightened.
There is the illusion of safety,
Cut off from every one and every thing.
But there is no movement when withdrawn.
And when you shut out the bad, you also
shut out the good.
Life can be easy.
Just Poke Your head out into the sunlight of the
spirit.
Remember the story of the Tortoise and the Hare?
The Slow Steady turtle won the race.

ACA Group Funds – Seventh Tradition

The group treasurer should make a monthly report to the group and calculate the amount of the 7th Tradition donations being sent to their Intergroup and to the ACA WSO. This is sent monthly or quarterly.

The fund flow model of ACA is based on a 60/40 disbursement. After the group meets its monthly expenses and sets aside money for a prudent reserve, 60% of what is left over goes to the Intergroup and 40% goes to the WSO. A prudent reserve usually is the amount that equals two months' worth of meeting expenses. The meeting expenses would include rent, utilities, and other group expenses. BRB pg. 609

40% to ACA WSO Headquarters

Payable to:
ACA WSO
1458 East 33rd Street
Signal Hill, CA 90755

60% to ACA Northern California Intergroup

Payable to:
ACA Intergroup
3300 13th Street
Sacramento, CA 95818

Thank You!

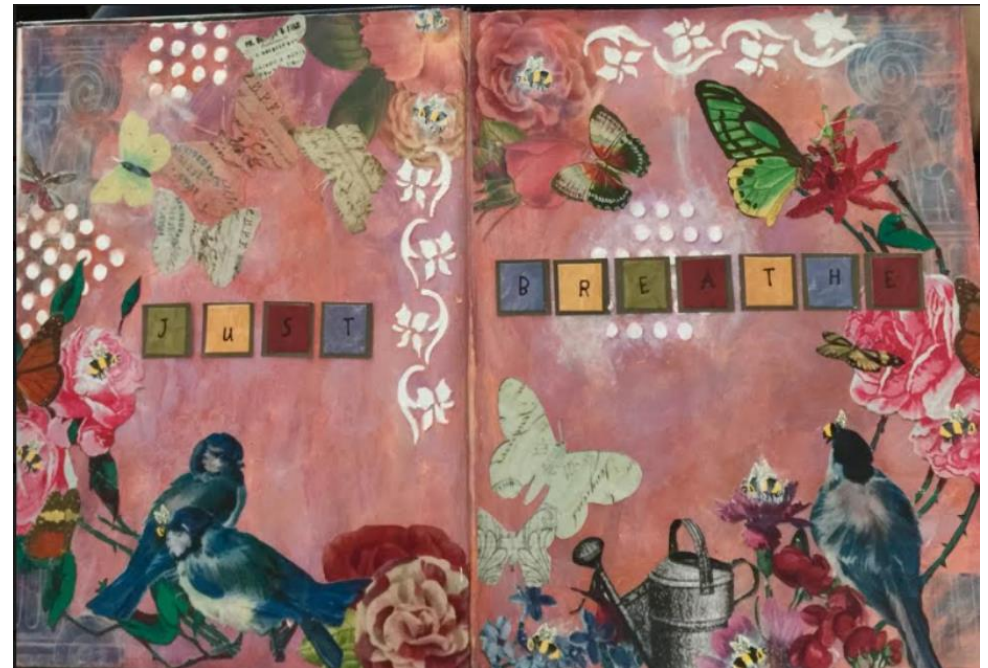
Inner Child Voices

ACA No. California Intergroup 640

Newsletter December 2018

acanorcal.com

Together We Can Achieve Anything!



Art Journal Page submitted by Jeanette

*ACA No. California Intergroup Church Code 867530
Meets the 2nd Saturday of each odd month @ 5:00
2100 J Street Sac, CA 95816 Enter on J Street*

Send newsletter submissions to: cpierson1954@gmail.com

My Story by Jacque

I heard it said, "I'm not responsible for what happened to me as a child, as an adult I am responsible for the solution." I have lived my whole life living in the problem until April 2018 I began my recovery journey toward living in the solution, this is where I am at today. To briefly describe my past, my mother and step father were heroin addicts who physically and emotionally abused and severely neglected myself and my three siblings. I took responsibility for my siblings and my mother. I witnessed severe domestic violence regularly. We were always on the run from CPS, moving from home to home leaving everything behind when we moved. At a certain point we had an open CPS case, my job was to clean the house before the CPS worker came over. I shoved everything in the closet and prayed that the CPS worker wouldn't look inside. My mother and step father always threatened us to never say anything to CPS. One day at school, I got the courage to talk because one of my teachers showed me love. I told CPS that my step father was sexually abusing me, CPS immediately removed us. My mother was mandated into a sober living house, which is where my mother and I found God. I saw what God did with my mother and her recovery, this is the moment I began to believe in something greater than myself.

Fast forward to me beginning my own journey of recovery, the first time I heard the laundry list I cried and cried. I cried because everything that I had tried to hide from the world my whole life was just written out on a list and I was exposed, it was in this moment that I knew I belonged here. My whole childhood and adulthood have been driven from and controlled by my fear. This fear was engrained in me from my earliest childhood memory.

I have let fear control my entire life, until I came to recovery and realized I have a choice. I never knew I had a choice as a child my only option was fear and survival. Part of my survival was blacking out most of my childhood. When I heard your childhood memories come back, I didn't believe it until it happened to me. One day, my shoulders felt like they were on fire they were burning. For three days this went on, what my body kept telling me was that I had been sexually abused by my step father. For three days my mind said no that didn't happen to you, after the third day I surrendered and accepted that it happened to me. I talked with my sponsor about it and this was the moment that I experienced the beginning of my freedom from my past. This is when I began to learn to listen to my body and not my mind for the truth. My body remembers everything that has ever happened to me, the disease of alcoholism distorts my thoughts. In recovery I have found that the more I tell my story and speak my truth the freer I become. There is freedom in the truth for me. I have begun to rely on my body and my God for my truth. I felt so alone for all my life, now I know I am not alone. I have my Higher Power and my fellow travelers who are always with me. I know that I am a child of God and there is a place in God's house for me.

Regret

I often feel regretful for some of the things that come out of my mouth at meetings...the thoughts play over and over...how could you say such things about the very ones who love/loved you? Last night again sharing at an AA meeting I felt shame. After sharing my story I sat and listened, and for whatever reason, felt shame. Microwaved.

It's been nearly 5 months now off the antidepressants and I feel the darkness creeping back in; the doldrums, the jaw grinding, the news, homelessness, fires, fear etc.

I feel overwhelmed.

Where to go from here? I feel lost in a vessel with no rudder, no anchor. I feel a desire to die. I have a death wish. A feeling that I'm living some alternative life. Who am I? Who am I, really? I don't know. Jimmy C.